

Reaching Healthy Eating Behaviors: Training Tools for Those Who Educate



Presenters:

Nancy W. Gaston, MA, RD

Edna Page Anderson, Ph.D and Josephine Martin, Ph.D, RD

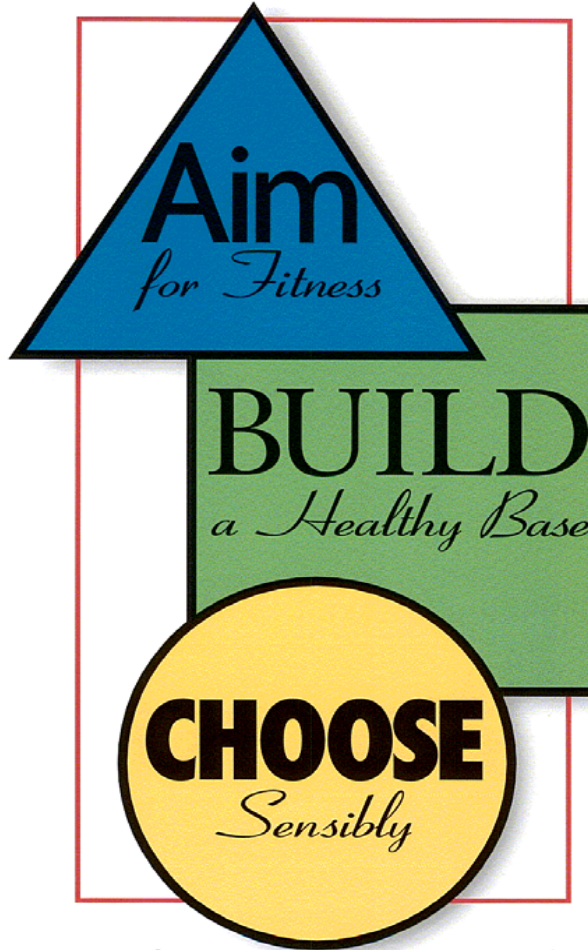
Carol Miller, RD, M.Ed., LD and Judy Dzimiera, RD, M.Ed., LD



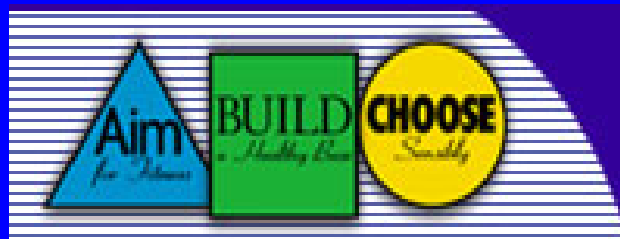
Objectives:

- Introduce three training initiatives based on the Dietary Guidelines that train the trainers:
 - Web-based Training Course
 - Self-paced Learning Program
 - Statewide Training Partnership
- Provide information and ideas to help you professionally.
- Appreciate the power and benefits of partnership projects and their impact to help the public reach healthy eating behaviors.

Nutrition and Your Health:
DIETARY GUIDELINES FOR AMERICANS



...for good health



The **A B C's** of the

DIETARY GUIDELINES FOR AMERICANS

Science and Application

"The ABCs of the Dietary Guidelines for Americans: A Tool for Behavior Change"

Presented by Nancy W. Gaston, MA, RD
FNS National Nutrition Education Conference
February 25, 2003



What is it?

- A set of web-based, interactive training modules for nutrition educators and researchers, dietitians, physicians, and public health professionals.
- A partnership project between USDA's Center for Nutrition Policy and Promotion and East Carolina University.



Purpose:

- Present the science and rationale for the 10 guidelines, released May 2000
- Explain the A-B-C framework of the 2000 DGA
- Highlight changes from the 1995 DGA



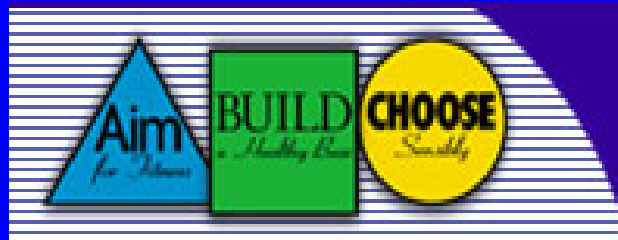
Why do it?

- Provide timely access to and a full understanding of the recommendations and rationale behind the DGA 2000
- Bring consistent information to users of the DGA 2000
- Offer opportunity to earn CPE credits for a professional development portfolio



Course Content: 4 modules, 11 lessons

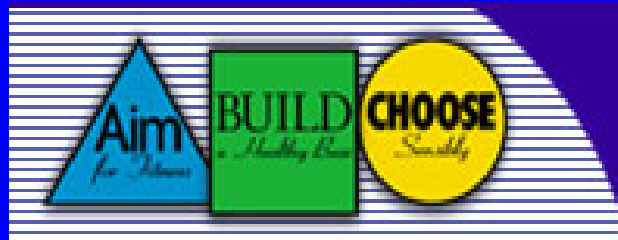
- Module #1 Overview, 1 lesson
- Module #2 Aim for Fitness, 2 lessons
- Module #3 Build a Healthy Base, 4 lessons
- Module #4 Choose Sensibly, 4 lessons



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Course Features:


- 24/7 Web site; Self-study
- Continuing Education Credits (free); Certificate of Completion
- Communication Tools
- Drop-down menus, pop-up boxes
- 11 Quizzes; feedback documents
- Resources with hypertext links; references
- Compliant with Section 508 disability laws



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Let's see some website screens!!!!







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- [Welcome](#)
- [Course Information](#)
- [Staff Information](#)
- [Registration](#)
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Aim for Fitness

Build a Healthy Base

Choose Sensibly



USDA Nondiscrimination Statement

**Course
Information**

- **Introduction**
- Preamble to DGA Training Modules
- Course Syllabus
- Required Text and Materials
- System Requirements
- Course Credit Information
- Certificate Status

Course Information

Introduction

Welcome to The ABC's of the Dietary Guidelines for Americans: Science and Application. This course will present the science supporting the recommendations found in the Dietary Guidelines for Americans, 2000 and information on how to apply the guidelines. It will present the science and rationale for each of the 10 guidelines and explain the ABC framework in which they were grouped to carry the three basic messages of AIM, BUILD, and CHOOSE for better health.

The course contains 11 lessons grouped into 4 modules:

**Module 1 - Overview (1 Lesson)**

This module is an overview of the background, development and promotion of the Dietary Guidelines, 2000.

**Module 2 - Aim for Fitness (2 Lessons)**

Focuses on the healthy weight and physical activity guidelines.

**Module 3 - Build a Healthy Base (4 Lessons)**

Focuses on pyramid food choices, grains, fruits and vegetables, and food safety guidelines.

**Module 4 - Choose Sensibly (4 Lessons)**

Focuses on fat, sugars, salt, and alcoholic beverages guidelines.

How the Content for the Modules is Organized

**Staff
Information****Staff Information: Project Leaders and Instructors**

Nancy Gaston, MA, RD

Nutritionist, USDA, Center for Nutrition Policy and Promotion (CNPP). Nancy serves as the USDA project leader to develop this web-based training course. The focus of her work at USDA is in the areas of dietary guidance, nutrition communications, and nutrition policy. She has experience in developing consumer publications for various audiences, nutrient data bases, and education messages for a web-based dietary assessment tool.

**Kathryn Kolasa, PhD, RD, LDN**

Professor and Section Head, Nutrition Education and Services, the Brody School of Medicine at East Carolina University. Kathy is a recognized medical nutrition educator and served as the project leader at East Carolina University during the initial pilot of this web-based training course. She has been recognized by the Society for Nutrition Education with its Career Achievement Award.

Alyson Escobar, MS, RD

Nutritionist, USDA/CNPP. Alyson's primary responsibilities focus on updating the research base underlying the Food Guide Pyramid. In doing so, she reviews significant changes in food composition, food consumption, and dietary recommendations, and assesses how these changes might be incorporated into the food guide framework. She has taught nutrition at the college level and developed a teaching kit for junior and senior high school health education instructors.

**Margie Gallagher, PhD, RD**

You must register for an account in order to participate in this self-study course. Once registered, you may log into the course using the username and password that you will provide later in this registration process. Registration and participation are free, however, your crediting organization may charge a processing fee. Please refer to your organization's self-study policies for specific information on how to request your credit and whether any processing fees are due.

The information you provide below will be used to track your progress toward course credit and personalize the certificate of completion. No personal information, including scores and completion status, will be released outside of this course. Upon successful completion of the course, you will be responsible for downloading your Certificate of Completion and providing it to your organization.

Please enter your name as you want it presented on your certificate:

First Name:

Middle Initial:

Last Name:

E-mail Address:

Gender:

Work Status:

Work Type:

**If other, please specify

Worked in the field of food and nutrition:

I am taking the course:

**Course credit will be for one organization or school only

Registration Status:

Announcements

Users accessing the Dietary Guidelines training course for the first time should click on the Course Information tab above. It provides details about the course syllabus, content organization, textbooks and other materials, system requirements, and more.

Returning users can access the course by clicking on the module tab above for the next module they wish to access. To track which lessons you have completed, click on the Certificate tab in the top navigation bar.

Check the announcements below for any that are new since your last visit to the web course.

[Click here to begin.](#)

Questions and Comments

Questions, comments, or other feedback about the information presented in this course may be emailed to Nancy Gaston at the Center for Nutrition Policy and Promotion (Nancy.Gaston@cnpp.usda.gov).

Technical Assistance

Should you have any technical difficulties in accessing the Web site, please contact the Digital Access Corporation (DAC) help desk (1-800-201-2112) during standard working hours (8am -5pm/EST, Monday-Friday).

This project has been funded with Federal funds from the Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, under Contract No. 43-3198 90246.

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**Module 3**

Build a Healthy Base

Focuses on pyramid food choices, grains, fruits and vegetables, and food safety guidelines.

Lessons

Let the Pyramid Guide Your Food Choices

Using the Food Guide Pyramid assures people of getting all the necessary nutrients and other substances for health and well-being.

Choose a Variety of Grains Daily, Especially Whole Grains

Foods made from grains help form the foundation of a healthy eating pattern.

Choose A Variety of Fruits and Vegetables Daily

Using the Food Guide Pyramid as a guide, fruits and vegetables along with grains can make up the foundation of a healthful eating pattern.

Keep Foods Safe to Eat

Ensuring that foods are wholesome and safe from any type of harmful contaminants is vital for healthful eating, when at home and eating out.

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Module 3

Let the Pyramid Guide Your Food Choices

- **Learning Objectives**

- Objective 1

- Objective 2

- Objective 3

- Advice for Consumers

- Resources and References

- Take Quiz

- Certificate Status

- Back to Module 3 Lessons

Let the Pyramid Guide Your Food Choices

Learning Objectives

1. Understand the changes made to this guideline from the 1995 version.
2. Understand the rationale and the scientific basis for changing this guideline.
3. Understand and be able to use the Food Guide Pyramid to advise the public about its concepts.

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Module 3

Let the Pyramid Guide Your Food Choices

Learning Objectives

Objective 1

Objective 2

Objective 3

Advice for Consumers

Resources and References

Take Quiz

Certificate Status

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Let the Pyramid Guide Your Food Choices

Objective 1

Understand the changes made to this guideline from the 1995 version

The 1995 Dietary Guidelines recommended: "Eat a **variety** of foods." The Dietary Guidelines Advisory Committee 2000 recommended changing the wording of the guideline title to "Let the Pyramid guide your food choices." Reasons for the change in the recommendation were to:

- Place greater emphasis on ensuring nutritional adequacy.
- Address a concern that advice to consume a variety of foods might promote over- consumption of energy.
- Address consumers' lack of clarity about the variety guideline.

There were also numerous changes in the text of this guideline. Overall, however, the text continues to promote variety among the Pyramid food groups. Guideline text changes included:

- Increased emphasis is on plant-based foods and on whole grain foods within the grains group.
- Increased emphasis on the importance of **serving sizes** and number of servings from the five major food groups in the **Food Guide Pyramid**. Key concepts include:
 - Recommended number of daily servings [[Box 7](#)]
 - "What counts as a serving" [[Box 8](#)]
- Clarification that mixed dishes may contain foods from more than one food group.
- Emphasis on differing eating patterns that can provide adequate nutrition, such as vegetarian and different cultural foods.
- Older adults were added to the list of age groups having higher nutrient needs (IOM, 1997).
- "Some people need a vitamin-mineral supplement" was substituted for "Where do vitamin, mineral, and fiber supplements fit in?" This change was made to reflect recommendations from the Institute of Medicine (IOM, 1997, 1998). The term "dietary supplement" was refined to include herbal products and other substances beyond vitamins and minerals. This is consistent with the Dietary Supplement Health and Education Act of 1994 (PL 103-417).

[Opens Glossary](#)

"Check the food label before you buy" was substituted for "Enriched and fortified foods have essential nutrients added to them." This made the text more actionable and provided guidance on finding information about added nutrients and on using the Nutrition Facts



Module 3

Let the Pyramid Guide Your Food Choices

Learning Objectives

- Objective 1
- Objective 2
- Objective 3
- Advice for Consumers
- Resources and References
- Take Quiz
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Let the Pyramid Guide Your Food Choices

Objective 1

Understand the changes made to this guideline from the 1995 version

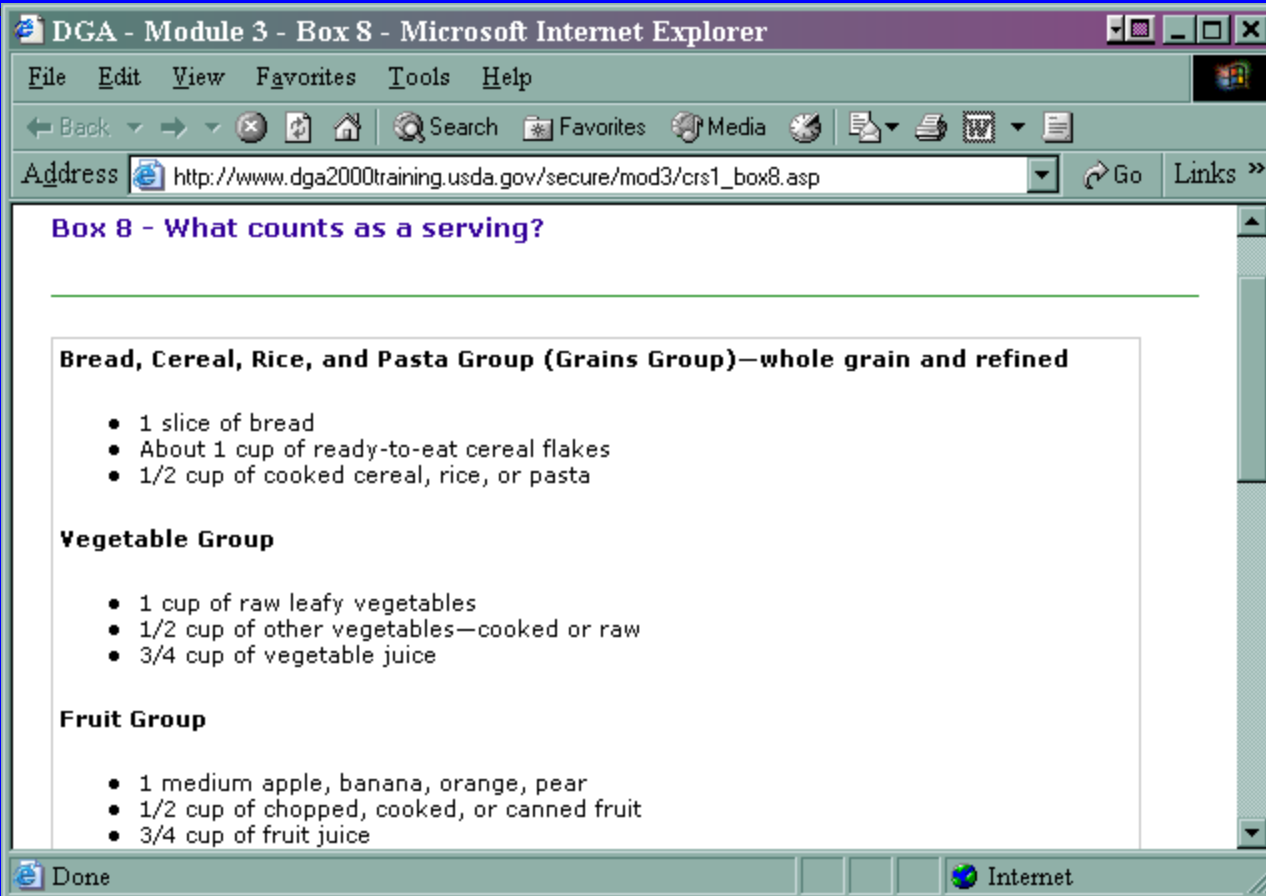
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 - "What counts as a serving" [[Box 8](#)] Opens a new window for Box 7
 - Clarification that mixed dishes may contain foods from more than one food group.
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"Check the food label before you buy" was substituted for "Enriched and fortified foods have essential nutrients added to them." This made the text more actionable and provided guidance on finding information about added nutrients and on using the Nutrition Facts





Module 3

Choose a Variety of Fruits and Vegetables Daily

- Learning Objectives
- Objective 1
- Objective 2
- **Objective 3**
- Advice for Consumers
- Web Resources and References
- Take Quiz
- Certificate Status
- Back to Module 3 Lessons

Choose a Variety of Fruits and Vegetables Daily

Objective 3

There are benefits to choosing a variety of fruits and vegetables every day:

1. Fruits and Vegetables are key parts of a daily diet. To promote health, eat a variety of fruits and vegetables -- at least 2 servings of fruits and 3 servings of vegetables -- each day. Eating plenty of fruits and vegetables of different kinds can provide numerous potential health benefits. The preponderance of scientific evidence relating fruits and vegetables to health is based on a healthful dietary pattern that includes fruits and vegetables, not on specific foods. The focus is on chronic disease prevention, more broadly, in the emerging science areas where the data are limited primarily to cohort data. Potential health benefits from the consumption of fruits and vegetables include:
 - a decreased risk of developing cardiovascular disease (ex., Armstrong et al, 1975; Knekt et al., 1996; Tavani et al., 1997a).
 - a lower incidence of certain cancers (ex., Hertog et al, 1996; Levi et al., 1998; Lindblad et al., 1997; Aguido, et al., 1997).
 - decreased blood pressure (ex., Appel et al., 1997).
 - healthy bowel function.
2. Selected fruits and vegetables are considered major sources in the diet for specific nutrients. Different fruits and vegetables are rich in different nutrients, hence the need to choose a variety of them each day.

Some of these include: (Click the down arrow to view a list of fruits and vegetables in which the nutrient is contained)

Carotenoids, including those which form Vitamin A

Folate

Vitamin C

baked white or sweet potato

Potassium

baked white or sweet potato

cooked greens spinach and winter squash

bananas

plantains

dried fruits such as apricots and prunes

orange juice

offers other benefits, as well. Those benefits can be that:



Module 3

Choose a Variety of Fruits and Vegetables Daily

- Learning Objectives
- Objective 1
- Objective 2
- Objective 3
- Advice for Consumers
- Web Resources and References
- Take Quiz
- Certificate Status
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Choose a Variety of Fruits and Vegetables Daily

Web Resources

1. [USDA's Food Guide Pyramid for Young Children booklet](#)
2. [ADA website: "Seniors - Eat Well for Good Health"](#)
3. [DHHS website: "Eating Well as We Age"](#)
4. [CNPP's Nutrition Insight#14 - A Focus](#) [DHHS website: "Eating Well as We Age"](#) [Take a Closer Look](#)

References

1. Agudo A, Esteve MG, Pallares C, Martinez-Ballarín I, Fabregat X, Malats N, Machengs I, Badia A, Gonzalez CA. Vegetable and fruit intake and the risk of lung cancer in women in Barcelona, Spain. *European Journal of Cancer* 33:1256-1261, 1997.
2. Appel LJ, Moore TJ, Obarzanek E, Vollmer WM, Svetkey LP, Sacks FM, Bray GA, Vogt TM, Cutler JA, Windhauser MM, Lin PH, Karanja N. A clinical trial of the effects of dietary patterns on blood pressure. DASH Collaborative Research Group. *New England Journal of Medicine* 336:1117-1124, 1997.
3. Communication on Dietary Fats Qualitative Research Final Report. Prepared for International Food Information Council, #9367. Wirthlin Worldwide, 1998.
4. "Facts for Healthy, Active Aging from the Dietary Guidelines for Americans, 2000." U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. September, 2000.
5. Food Surveys Research Group, Agricultural Research Service. Pyramid Servings Data: results from USDA's 1994-96 Continuing Survey of Food Intakes by Individuals. USDA: Riverdale, Md., 1999.
6. Hertog MG, Bueno-de-Mesquita HB, Fehily AM, Sweetnam PM, Elwood PC, Kromhout D. Fruit and vegetable consumption and cancer mortality in the Caerphilly Study. *Cancer Epidemiology, Biomarkers and Prevention* 5:673-677, 1996.
7. Knekt P, Jarvinen R, Reunanen A, Maatela J. Flavonoid intake and coronary mortality in Finland: a cohort study. *British Medical Journal* 312:478-481, 1996.
8. Krebs-Smith, SM, Cook, A, Subar, AF, Cleveland, L, Friday, J. US Adults' Fruit and Vegetable Intakes, 1980-1991: a revised baseline for the Healthy People 2010 objective. *American Journal of Public Health* 85:1623-1629, 1995.
9. Levi F, Pasche C, LaVecchia C, Lucchini F, Franceschi S, Monnier P. Food groups and risk of oral and pharyngeal cancer. *International*



Module 3

Choose a Variety of Fruits and Vegetables Daily

- Learning Objectives
- Objective 1
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- Advice for Consumers
- Web Resources and References
- **Take Quiz**
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Choose a Variety of Fruits and Vegetables Daily

Quiz

Select the best answer to the following questions. Please make sure you distinctly mark one answer for each question. Your quiz answers are confidential and will not be released to anyone.

Each question is worth 10 points.

Questions:

1. The Dietary Guidelines 2000 separated fruits and vegetables from the 1995 grains guideline because:

- ☐ a) most Americans meet intake recommendations for grains, but few meet those for fruits and vegetables.
- ☐ b) it simplifies the messages about key food groups in the diet.
- ☐ c) barriers reported to consuming fruits and vegetables are different from those for grains.
- ☒ d) b and c
- ☐ e) a, b, and c

2. Potential health benefits of consuming at least 2 servings of fruits and 3 servings of vegetables each day are:

- ☐ a) decreased blood pressure.
- ☐ b) healthy bowel function.
- ☐ c) lower incidence of certain cancers.
- ☐ d) decreased risk of developing cardiovascular disease.
- ☐ e) all of the above

Question: 8. Mr. Gomez is a 70-year-old man who lives with his 67-year-old wife in their home. They are both healthy, but live on a fixed income and sometimes have difficulty getting to the store to shop for groceries. Which of the following is good advice for this couple?

Your answer: e) b and c



Correct answer: c) Canned or frozen fruits and vegetables are nutritious food choices and can be bought when on sale and stored until needed.

Feedback: No. Older adults need to eat a variety of fruits and vegetables, but they don't need to eat more than the recommended amount to promote healthy bowel function. Canned or frozen foods are good choices for fruit and vegetables because they have a long shelf life.

Question: 9. Molly is a 24-year-old newlywed, hoping to become pregnant soon. She recently read that folic acid deficiency is linked to certain birth defects, so she has decided to drink two 8-ounce servings of orange juice each day to meet her needs for folic acid and for the recommended number of fruit servings. What is the best advice you can give her about this strategy?

Your answer: b) Selecting one food as the only fruit source ignores the recommendation for variety within the fruit group.



Correct answer: b) Selecting one food as the only fruit source ignores the recommendation for variety within the fruit group.

Feedback: Correct! The Guidelines don't fully address the needs of pregnant women, but they do address the needs of healthy Americans and Molly is ignoring the need for variety. Until more is known about specific nutrients and other food components in relation to health, encouraging variety in fruit and vegetable consumption promotes the intake of a broad range of nutrients and non-nutritive food components.

Question: 10. Barriers to the consumption of fruits and vegetables include:

Your answer: e) a and d



Correct answer: e) a and d

Feedback: Yes. These two answers are correct. Preparation time is not an issue because most fruits and vegetables, particularly those that are canned or frozen, need little or no preparation at all. Limited variety is not an issue because fruits and vegetables offer a variety of choices all year long.

Score: Nancy Gaston scored 80 out of 100 points (80.00%).
Congratulations! You passed the Fruits and Vegetables Quiz

Congratulations!

You have completed all of the requirements required to earn credit for The ABC's of the Dietary Guidelines for Americans: Science and Application. Please visit the [Certificate Status](#) page if you need to download a Certificate of Completion as documentation of your completion of this course.



Certificate Status

Congratulations!

Nancy W. Gaston has completed all of the requirements required to earn credit for The ABC's of the Dietary Guidelines for Americans: Science and Application. [Click here](#) if a Certificate of Completion is needed as documentation of your successful completion of this course.

Reminder: The Certificate of Completion is in Adobe Portable Document Format (PDF) and requires version 4.0 or higher of Adobe's free Acrobat Reader in order to download successfully. If you experience problems downloading your certificate, please reinstall the latest version of Acrobat Reader from [Adobe's Web Site](#).

Lesson:	Quiz Score:	Date Taken:
Module 1: Overview	100.00%	8/22/2002 8:47:11 PM
Module 2: Aim for a Healthy Weight	100.00%	5/1/2002 4:46:44 PM
Module 2: Be Physically Active Each Day	90.00%	5/1/2002 5:00:55 PM
Module 3: Let the Pyramid Guide Your Food Choices	100.00%	5/2/2002 8:51:01 AM
Module 3: Choose a Variety of Grains Daily, Especially Whole Grains	100.00%	5/2/2002 9:51:33 AM
Module 3: Choose A Variety of Fruits and Vegetables Daily	100.00%	5/2/2002 10:02:21 AM
Module 3: Keep Foods Safe to Eat	100.00%	5/2/2002 10:19:32 AM
Module 4: Choose a Diet That Is Low in Saturated Fat and Cholesterol and Moderate in Total Fat	100.00%	5/2/2002 10:29:20 AM
Module 4: Choose Beverages and Foods to Moderate Your Intake of Sugars	100.00%	5/2/2002 10:50:32 AM
Module 4: Choose and Prepare Foods with Less Salt	100.00%	5/2/2002 10:56:35 AM
Module 4: If You Drink Alcoholic Beverages, Do So in Moderation	100.00%	5/2/2002 11:03:39 AM

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U. S. Department of Agriculture
Center for Nutrition Policy and Promotion

CERTIFICATE of COMPLETION

Presented to

Nancy W. Gaston

RD Number 123456

for

Five (5) Continuing Professional Education (CPE) credits, as approved by the Commission on Dietetic Registration, after successfully completing all requirements of the Web-based training course, "The ABCs of the Dietary Guidelines for Americans: Science and Application."

8/22/2002

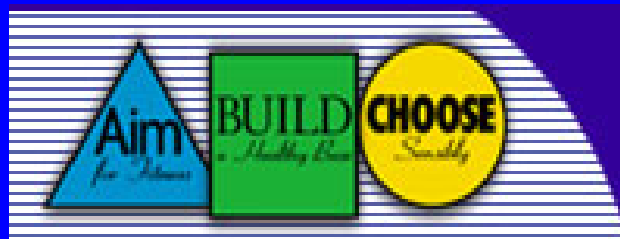
Completion Date

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USDA/CNPP, Deputy Director

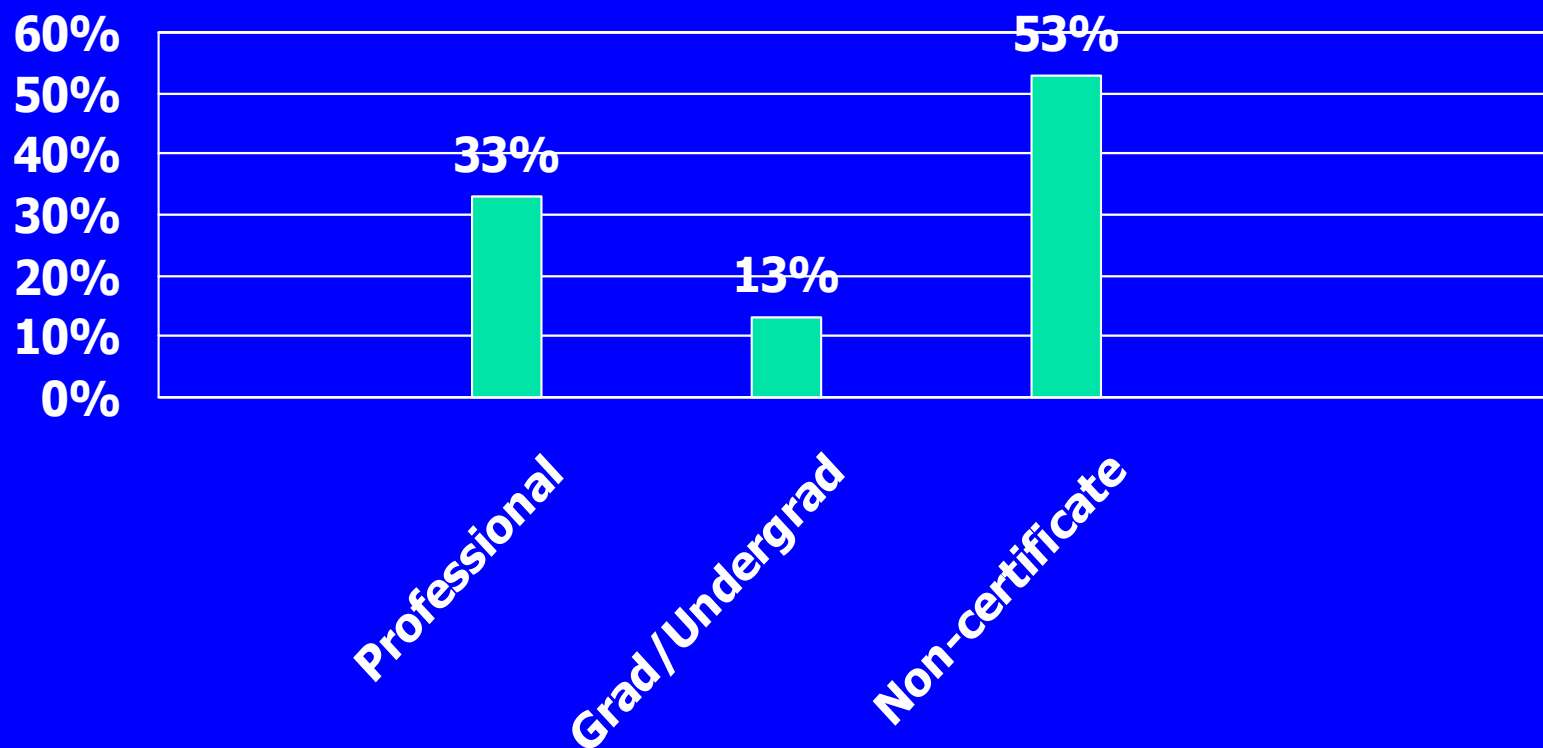
A handwritten signature in black ink that reads "Nancy W. Gaston", positioned above a horizontal line.

CNPP, Project Leader

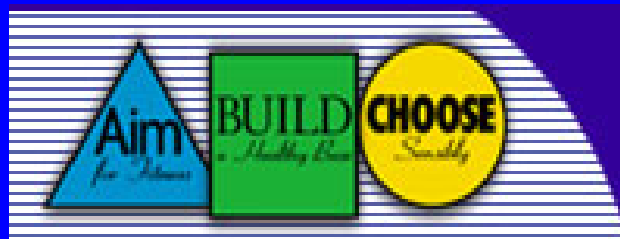


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Registration Status *

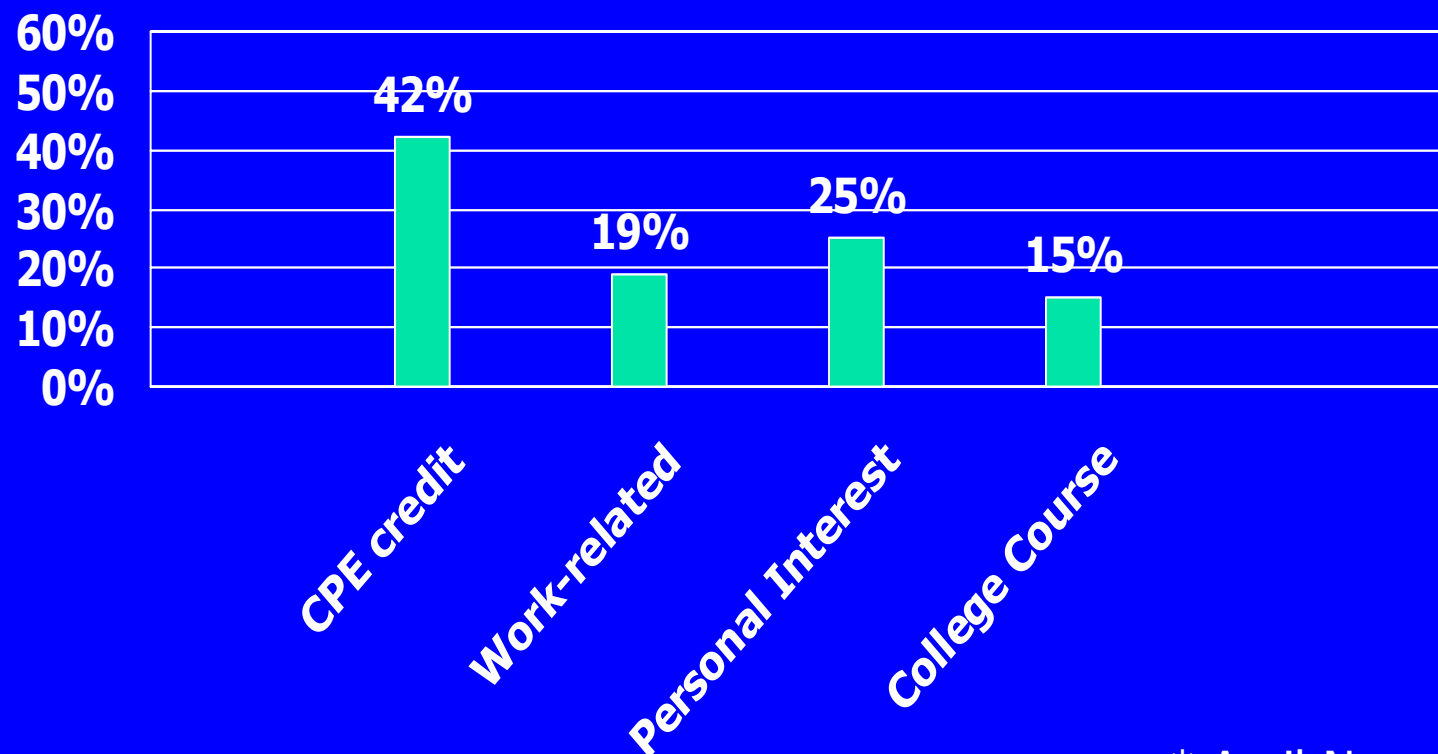


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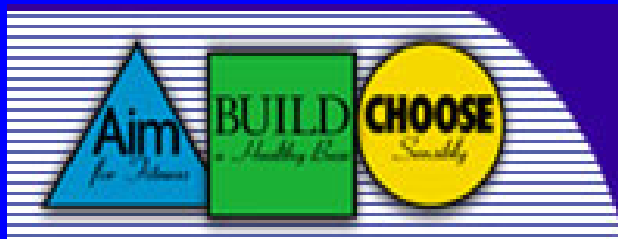


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Reason for Taking Course *



* April-November 2002

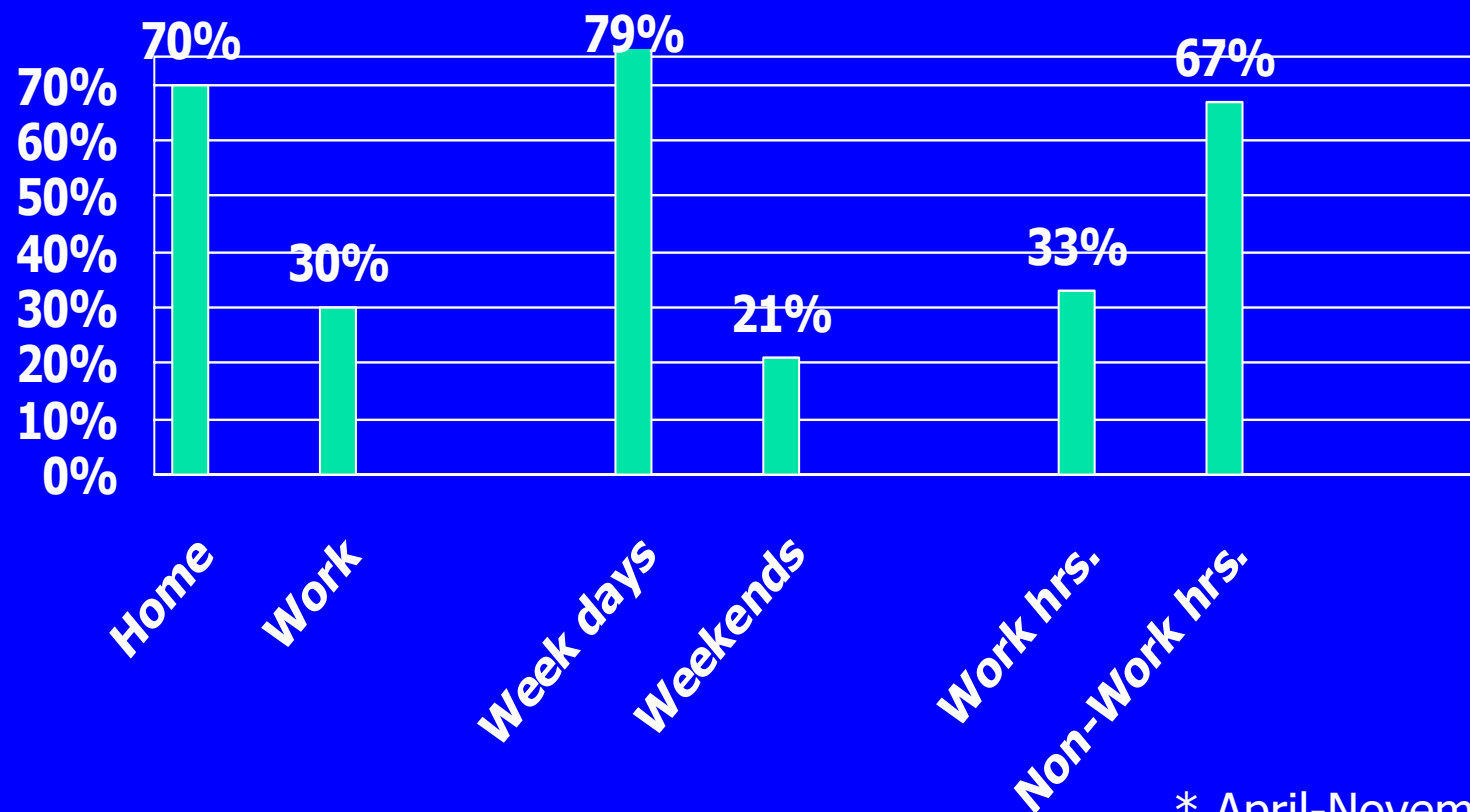


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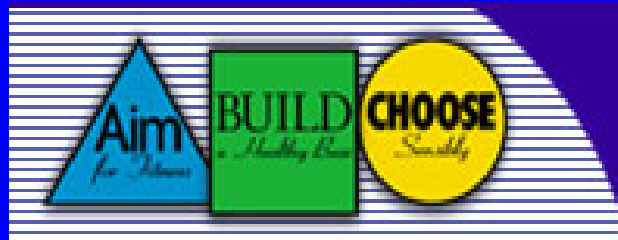
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Science and Application

Access Where & When *



* April-November 2002



The **A B C's** of the
DIETARY GUIDELINES FOR AMERICANS
Science and Application

User Comments:

- “There was no pressure, so you really learned.”
- “I enjoyed the course, it was convenient and fun!”
- “Although I have been aware of the dietary guidelines for years in my job, I have not known the reasoning behind them. Thank you for this learning experience.”



More Comments:

- “...the binder of materials I assembled from the course is of great value to me.”
- “I took the course for personal development and found the material easy to understand even though I am not in the profession.”
- “Liked the emphasis on what someone really needs to know.”



How Can You Access It?

www.dga2000training.usda.gov